



**Dallas
Area
Parkinson
Society**

Administrative Office:
6310 LBJ Freeway, Suite 213
Dallas, TX 75240
(972) 620-7600
www.daps.org



THE THREE C'S

A Message from the Executive Director

When I think of DAPS and what defines us I think of the Three C's: "Compassion - Community - Connection". If this is your first time reading a DAPS newsletter, let me brag for a moment. From my first days at DAPS four years ago, I was taken aback by the generous compassion that I saw everywhere I went. It didn't matter which DAPS location I went to - compassion was evident in the instructors, who always took extra time to stay after class and check in on attendees. And our care partners who extend compassion to one another with a hug, a listening ear, and words of encouragement.

It's inspiring to see our communities that began 10 - 20 years ago and are still thriving. We've also planted new communities in places like Denton, while DAPS communities are expanding to reach those in Irving and surrounding cities. Regardless of the size of the community, new and returning members are always welcome and accepted. You can be a part of any of the area communities that DAPS offers - whether that be a virtual speech class, an exercise class, a monthly educational series - or better yet - all of the above!

With compassion and community, we find connection. Maybe connections are with someone you never would have been drawn to, but at DAPS no matter where you are on your journey, you will always be welcomed. It doesn't matter if you're having a great day or a 'not so great day' - you will never be judged. Instead, you'll find people that will accept you, encourage you and help you if or when you are ready to receive it. The connections among members extend beyond the services that DAPS offers. Regular phone calls to follow up with one another, lunches and birthday celebrations enhance connections and open the possibility of making new connections. Friendships are formed and, in many cases, a new family is born.

Focusing on the Three C's may be more important now than ever before. In our fast-paced world filled with the ever-increasing technological advances, it can be hard to 'see the forest for the trees'. No matter how advanced our society becomes, our need for compassionate communities where connections are made remains real. Just two days ago, an article in Fortune Well addressed the epidemic of loneliness in the United States. According to one study published in the journal PLOS Medicine, the health impact of loneliness is comparable to smoking up to 15 cigarettes a day.

There are times when the nonmotor symptoms of PD like apathy or anxiety can make it difficult to engage and participate. These are the times when a compassionate community can make a difference. Communities help hold us accountable when we stop showing up for a class or a support group. Connections follow up with a phone call or an email or an invitation to lunch or coffee. And compassion allows us to share our struggles with those who understand and can relate. The three C's are free, they don't require a prescription or an appointment and best of all - they are good for your health.

Kind Regards,

UPCOMING EVENTS
-Community & Connection-

Monday, July 10 at 3:00pm

MOVIE MATINEE - Still: A Michael J. Fox Movie

Follow the life of beloved actor and advocate Michael J. Fox, exploring his personal and professional triumphs and travails, and what happens when an incurable optimist confronts an incurable disease.

**Presbyterian Village North
8600 Skyline Drive
Dallas, TX 75243**

Friday, July 28 at 11:30am

WEBINAR WATCH PARTY

Palliative Care in Parkinson's: A Conversation on Addressing Gaps in Care

**CC Young Senior Living
4847 W Lawther Drive, Ste 100
Dallas, TX 75214**

INSIDE

events	2	memorials, donations	5	sponsors	8
pd experts	3	class information	6		
community corner	4	class locations	7		



**Dallas
Area
Parkinson
Society**

Dedicated to impacting and improving the lives of those affected by Parkinson's disease.

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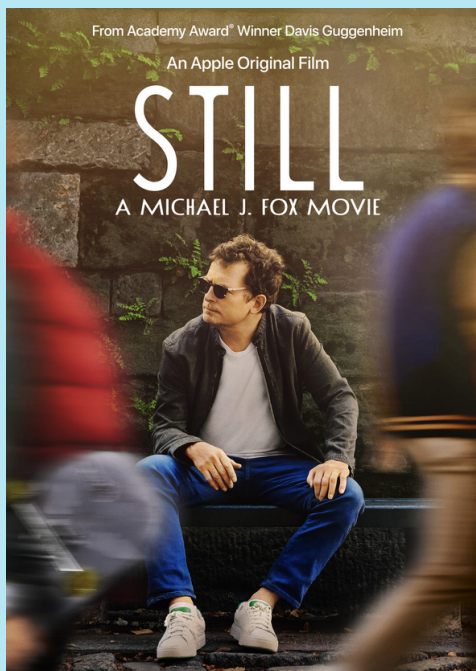
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UPCOMING JULY EVENTS
-COMMUNITY & CONNECTION-

Join our compassionate community where you'll learn from experts and connect with others.



MOVIE MATINEE

**Monday, July 10
at 3:00 pm**

Follow the life of beloved actor and advocate Michael J. Fox, exploring his personal and professional triumphs and travails, and what happens when an incurable optimist confronts an incurable disease.

Presbyterian Village North
8600 Skyline Drive
Dallas, TX 75243

[RSVP here](#)



WEBINAR WATCH PARTY

**Palliative Care in Parkinson's
A Conversation on
Addressing Gaps in Care**

hosted by University of Rochester

Come enjoy lunch & watch on the big screen or watch virtually

Friday, July 28 at 11:30 am

CC Young Senior Living
4847 W Lawther Drive, Ste 100
Dallas, TX 75214

[RSVP here](#)

Sleep Disorders in Parkinson's Disease

By: Dr. Shilpa Chitnis

Parkinson's disease (PD) is the second most common neurodegenerative disorder and affects 1-2% of adults over the age of 65 years. Its cardinal motor features are bradykinesia, rigidity and tremor at rest. However, non-motor features have also been recognized as important constituents of PD and have marked effect on quality of life. Sleep disorders were found to be the 2nd most prevalent non-motor feature in the PRIAMO study and up to 90% of PD patients experience some form of sleep dysfunction.

Sleep is divided physiologically into REM (rapid eye movement) and NREM (non-rapid eye movement) stages. These stages run cyclically throughout the night. Sleep disorders in PD include insomnia (difficulty with initiation and/or maintenance of sleep), excessive daytime sleepiness (EDS), restless legs syndrome (RLS), periodic limb movement of sleep (PLMS), REM sleep behavioral disorder (RBD), and obstructive sleep apnea (OSA). The pathophysiology of sleep disorders in PD is likely multifactorial due to underlying damage to key regions involved in sleep regulation and/or side effects of medications. There is a loss of hypocretin neurons in PD patients; hypocretin is known to promote wakefulness. Alterations in hormonal rhythms such as those of cortisol and melatonin are also seen in PD patients.

Management of sleep disorders in PD patients begins with simple measures which aim to ensure good sleep hygiene and optimal management of motor symptoms with avoidance of wearing off in between doses especially at night. Patients are advised to regularize bed times, avoid alerting substances such as nicotine and caffeine in late evening, minimize prolonged time in bed watching TV or reading, limit excess fluid intake in late evening hours and avoid exercising later in the day. Management of EDS include avoiding frequent naps during the day to ensure restful sleep at night, limiting use of sedating medications such as dopamine agonists (which can also cause sleep attacks without warning), managing OSA at night and occasional use of alerting substances such as caffeine.

It is prudent to avoid medications known to exacerbate RLS such as anti-depressants, anti-histamines and anti-dopaminergic agents. Management of OSA requires polysomnography (sleep study) along with use of CPAP/BIPAP machines which aren't necessarily tolerated by all patients due to discomfort with machinery. RBD can potentially result in injury to patient or bed partner, hence altering the sleep environment to make it safer (sleeping with a mattress on the floor, moving furniture and placing cushions next to the bed) is recommended. Medication management of RBD includes use of over-the-counter melatonin with upward dose titration to optimal benefit (higher doses up to 50 mg may be required at times to see benefit).

Sleep disturbances are quite common in patients with PD and comprise the entire spectrum of sleep disorders. These can not only contribute to reduced quality of life but can also raise safety concerns, hence appropriate diagnosis and management of these disorders is crucial.



Shilpa Chitnis, M.D., Ph.D., is a Professor of Neurology at UT Southwestern Medical Center. She is a clinician-educator with a focus on movement disorders such as Parkinson's disease, dystonia, and essential tremor. She is the clinical director of the Neurology Deep Brain Stimulation (DBS) program, which provides care that has revolutionized the treatment of movement disorders.

SPOTLIGHT



Misty Owens

Misty Owens has been teaching Dance for PD in Dallas since 2011 and continued to offer her popular class virtually during the pandemic. Due to high demand, Misty continues to teach Dance for PD virtually, where she is able to reach those in and beyond the Dallas area.

Misty shared her recent diagnosis and has graciously given DAPS permission to pass on her heartfelt and inspiring message with our community:

The time has come that I share with you the news of my diagnosis of sporadic ALS, which I received in September of 2021. The last year and a half have seen many changes in my physical ability. However, my internal strength and commitment to make each day a celebration of life is modeled by the beauty, tenacity, and courage I have learned from all of you.

I continue to teach Dance for PD with the help of an assistant. I am a full-time professor at the University of Texas at Dallas, while teaching at our family dance studio. My work sustains me and reminds me how fortunate I am to be a dancer and be given the privilege of communicating movement to others. May you all continue to find the magic and live it in the fullness of life's journey.

Remember the circle doesn't end. Let us pass the pulse across the miles.

COMMUNITY CORNER



"After getting over the shock of being diagnosed with Parkinson's disease, I realized I had two options - Do nothing or get involved and choose to accept my diagnosis and live my life the best I can. DAPS makes it possible for me to actively participate and have a productive life"

- A Member of DAPS



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[DAPS Youtube Channel](#)



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Donations may be mailed to:
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May & June 2023

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DAPS Plano Class
DAPS Duncanville Class
DAPS McKinney Class

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Grace Cook
Mia Zmud

In Memory of James Michael Marr
Cheryl & Richard Salmon

In Memory of Stuart Adam
Pete & Kim Bibby

In Memory of Dr. Marilyn Stewart
Michael Baum

In Memory of Linus Miller
Bruce Fillipi
Tara & Clayton Kamann

In Honor of Steven Markel
John & Jean Foland

In Honor of Renee Robak Murry
Rebecca McDonald Olson

Non-Event Donations after 5/30

Jim Armington
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Nancy Toffer
Becky Barret in honor of her grandmother
Regina Campbell in honor of DAPS Staff
Sheila Robertson in honor of Willie Robertson



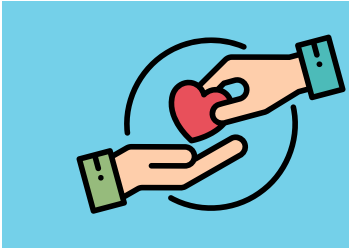
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*Thank you for
your continued
support!*

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This critical funding allows DAPS to provide FREE

- Exercise, speech, and dance classes
- Support groups led by professionals
- Monthly Educational series and more!

Interested in becoming a GEM? [CLICK HERE](#) to visit our website

CLASS INFORMATION

WHAT TO KNOW



We can help you stay active and connected with our exercise, speech, and support groups.

Here is the schedule of classes Dallas Area Parkinson Society (DAPS) offers each week in-person and via Zoom. For more details, visit our calendar at www.daps.org/calendar. See class locations on the next page.

Watch pre-recorded videos on our YouTube channel 24/7!

<https://bit.ly/DAPSTubeChannel>.

MONDAY

- 9:30 AM EXERCISE & VOICE SUPPORT W/ TAMMY
South Garland Baptist Church
- 9:45 AM EXERCISE W/ ANGIE via ZOOM
<https://us02web.zoom.us/j/5560874938>
- 10:00 AM PARKINSON & CARE PARTNER SUPPORT
Preston Hollow United Methodist Church in Dallas
2ND MONDAY OF THE MONTH
- 10:30 AM EXERCISE W/ TAMMY
South Garland Baptist Church
- 2:00 PM EXERCISE W/ JONATHAN
First United Methodist Church in Duncanville
- 3:00 PM SPEECH W/ DANIELLE
First United Methodist Church in Duncanville
- 3:00 PM CARE PARTNER SUPPORT W/ BELYNE
First United Methodist Church in Duncanville
1ST AND 3RD MONDAY OF THE MONTH

TUESDAY

- 9:15 AM EXERCISE W/ BARB via ZOOM
<https://us02web.zoom.us/j/5560874938>
- 10:15 AM EXERCISE W/ AMANDA
St. Michael the Archangel Church in McKinney
- 10:30 AM EXERCISE W/ TAMMY
Preston Hollow United Methodist Church in Dallas
- 10:30 AM PARKINSONS SUPPORT W/ BELYNE via ZOOM
<https://us02web.zoom.us/j/5560874938>
1ST TUESDAY OF THE MONTH
- 11:15 AM PARKINSONS SUPPORT GROUP
St. Michael the Archangel Church in McKinney
1ST TUESDAY OF THE MONTH
- 11:30 AM SPEECH W/ LYNN (HYBRID)
Preston Hollow United Methodist Church in Dallas
- 12:30 PM EXERCISE W/ BARB
Semones YMCA in Dallas
- 1:00 PM SPEECH W/ PAT via ZOOM
<https://us04web.zoom.us/j/7408505274>
- 2:00 PM DANCE FOR PD W/ MISTY via ZOOM
Please email Misty danceforpd.dallas@gmail.com

WEDNESDAY

- 9:30 AM EXERCISE W/ TAMMY
Lakepointe Church at White Rock in Dallas
- 10:00 AM EXERCISE W/ DIANA via ZOOM
<https://us02web.zoom.us/j/5560874938>

WEDNESDAY (cont)

- 10:30 AM PARKINSON & CARE PARTNER SUPPORT
Lakepointe Church at White Rock in Dallas
1ST AND 3RD WEDNESDAY OF THE MONTH
- 11:00 AM SPEECH W/ LYNN (HYBRID)
Grace Lutheran Church in Carrollton
- 1:00 PM EXERCISE W/ TAMMY via ZOOM
<https://us02web.zoom.us/j/5560874938>

THURSDAY

- 9:30 AM EXERCISE & VOICE SUPPORT W/ BARB
South Garland Baptist Church
- 9:45 AM EXERCISE W/ ERIKA
Hunters Glen Baptist Church in Plano
- 10:30 AM EXERCISE W/ BARB
South Garland Baptist Church
- 10:30 AM CARE PARTNER SUPPORT W/ ZEE
South Garland Baptist Church
- 12:30 PM EXERCISE W/ BARB
Semones YMCA in Dallas
- 2:00 PM DANCE FOR PD W/ MISTY via ZOOM
Email Misty danceforpd.dallas@gmail.com
- 2:00 PM EXERCISE W/ JONATHAN
First United Methodist Church in Duncanville

FRIDAY

- 10:00 AM EXERCISE W/ TAMMY
St. Michael the Archangel Church in McKinney
- 11:15 AM SPEECH W/ LESLIE
St. Michael the Archangel Church in McKinney
- 11:15 AM CARE PARTNER SUPPORT
St. Michael the Archangel Church in McKinney
1ST FRIDAY OF THE MONTH
- 2:00 PM ASK THE NUTRITIONIST W/ FAYE
<https://us02web.zoom.us/j/5560874938>
2ND FRIDAY OF THE MONTH

SATURDAY

- 10:00 AM EXERCISE W/ DIANA via ZOOM
<https://us02web.zoom.us/j/5560874938>



CLASS LOCATIONS

CARROLLTON:

Grace Lutheran Church
1200 E Hebron Parkway
(972) 492-4474

DALLAS:

Lakepointe Church at White Rock
9150 Garland Road
(214) 324-1425

Preston Hollow United Methodist Church
6315 Walnut Hill Lane
(214) 363-4393

Semones Family YMCA (Town North)
4332 Northaven Road - Room MP2
(214) 357-8431

DUNCANVILLE:

First United Methodist Church
403 S Main St (Enter on Ave. C, Aldersgate Bldg)
(972) 298-6121

GARLAND:

South Garland Baptist Church
1330 E Centerville Road
(972) 271-5428

MCKINNEY:

St. Michael the Archangel Church
411 Paula Road
(972) 542-4667

PLANO:

Hunters Glen Baptist Church
4001 Custer Road
(972) 867-1610

ZOOM MEETING IDS:

Exercise with ANGIE:

Meeting ID: 556-087-4938

Password: LOUD

Exercise with BARB:

Meeting ID: 556-087-4938

Password: LOUD

Support Group with BELYNE:

Meeting ID: 556-087-4938

Password: LOUD

Exercise with DIANA:

Meeting ID: 556-087-4938

Password: LOUD

Nutrition with FAYE:

Meeting ID: 556-087-4938

Password: LOUD

Speech with LYNN:

Meeting ID: 783-578-3790

Password: LOUD

Speech with PAT:

Meeting ID: 740-850-5274

Password: LOUD

Exercise with TAMMY:

Meeting ID: 556-087-4938

Password: LOUD



See page 8 for July Schedule Changes
To see our full schedule visit www.daps.org/calendar



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Thank you Kane Hall Barry Neurology for sponsoring this month's newsletter!



Saturday, October 14 at 8:30 am

Keep Moving Symposium

Lovers Lane United Methodist Church
9200 Inwood Road
Dallas, TX 75220

**ASK THE
NUTRITIONIST**

Friday, July 14 at 2:00 pm

"Fermented Food Connection with Good Digestion"



As a trained nutritionist with gluten sensitivity and Parkinson's, Faye is in a unique position to identify the benefits of fermented foods for management of key Parkinson's motor and non-motor symptoms.

**JULY SCHEDULE
CHANGES**



Monday, July 3

Garland Classes Cancelled

Tuesday, July 4

McKinney Classes Cancelled

Dallas Classes Cancelled

Dance for PD Cancelled

Speech with Pat Cancelled

Thursday, July 13

Plano Classes Cancelled

Disclaimer: The contents or opinions expressed in this newsletter are those of the individual writers or presenters and do not constitute an endorsement or approval by DAPS staff. Please consult your personal physician regarding your individual medical problems.